



Developed through a Community Investment Fund grant of the City of Kingston and United Way KFLA.

Kingston Area Community Garden Guide



Welcome to the **Loving Spoonful Community Garden Guide**, brought to you by the Community Investment Fund grant of the City of Kingston administered by United Way serving KFLA. We are grateful for the opportunity to develop programming and educational materials for the Kingston community, and people like you!

The Community Garden guide is intended to:

- Introduce Kingston's 13 community gardens, and inform you about how you can start one in your own neighbourhood
- Teach you about growing plants in general, and give you specific information about growing in the climate and soils that predominate in Kingston, Ontario
- Be useful. This guide provides information on a variety of gardening topics, from keeping soil healthy to preserving the harvest. We have included a resources section with book and website suggestions to help you to learn more about anything covered in the guide

Loving Spoonful Programs: More than 18,000 Kingston residents are living below the poverty line. Fresh, healthy food is simply unaffordable. Loving Spoonful is tackling food insecurity in innovative ways. Our mission is to enhance access to healthy food in an empowering, inclusive and environmentally sustainable manner. Visit <http://www.loving Spoonful.org> or our Facebook page to learn more.

Grow a Row

Every growing season, Loving Spoonful partners with local Kingstonians like you to provide fresh produce to Kingston social service providers. To do this, we encourage you to grow an extra row of produce in your garden, and donate it to us. We then distribute it around the city to hot meal programs (aka "soup kitchens", shelters and other social service agencies). The Grow a Row program is very successful. In 2013 we were able to donate 10,694 lbs of fresh produce to feed people in Kingston!

Preserve Reserves

Over the years, Loving Spoonful observed that the large quantities of fresh produce during the harvest months can be hard for agencies to deal with, but they need the food throughout the year. In response, we started the Preserve Reserves program. Each week from July to October, volunteers meet to freeze and/or can excess donated produce that would otherwise spoil and go to waste. In 2013, we preserved 2,940 lbs of food. The canned and frozen goods are distributed for use during the winter and spring at shelters, meal programs and other agencies throughout Kingston.

For more information or to become a volunteer, please email info@loving Spoonful.org or phone us: 613-546-4291 x1871



Enhancing access to healthy food for all in Kingston

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Kingston Community Garden Map

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Loving Spoonful
Community Foundation
for Kingston & Area

Get up to date garden info at:
lovingspoonful.org

KINGSTON'S COMMUNITY GARDENS

Calvin Park Community Garden



Calvin Park Community Garden is located on land donated by the United Church. Plots are available to everyone. They welcome you to visit their website.

Location: 200 Norman Rogers Drive
(on Cooke's-Portsmouth United Church Property)
Contact: calvinparkcommunitygarden@gmail.com
Website: cpgardeners.blogspot.com

Compton Fire Lane and Headway Park Gardens



Anyone can sign up for a garden: first come, first served. Gardens are free. We get some donations from local businesses and volunteers to help with maintenance.

Location: Greenspace east of 40 Compton Street
Number of allotments: 15, two of which are accessible (raised). The beds are 8'X4' and 8'X8'
Contact: heatherv@kchc.ca

Elmwood Community Garden



The longest continuously run community garden in Kingston, Elmwood Community Garden is nestled in the Bowling Green Apartments on city-owned land. The gardeners have two accessible garden beds for members with limited mobility.

Location: 36 Elmwood Street
Contact: Loving Spoonful 613-546-4291 x1871

Lakeside Community Garden



Lakeside Community Garden welcomes new gardeners to join us! Lakeside Community Garden has a variety of projects including individual gardening plots, a large donation garden, a pumpkin patch, a garlic field and a new native species/butterfly garden.

Location: Front & Days Road (near Centre 70)

Number of allotments: 50+

Contact: lakesidegarden70@gmail.com

MacLean Park Community Garden



MacLean Park Community Garden was established in 2011. The garden provides a welcoming place for residents to grow good food and lasting friendships, and to contribute to local food programs.

Location: MacLean Park (Gore Road and Dalglish Avenue), Pittsburgh Township

Number of allotments: 12 raised plots, 4'x16'. Full or half beds available.

Contact: kerrm@sympatico.ca

MacLean Trail Community Garden



MacLean Trail Community Garden was established in 2013. The garden enhances the use of the property as a centre for community gatherings, and provides significant community benefit including its role in contributing to local food banks. Some garden beds are leased for exclusive use by individual members, while other beds are reserved for common and donation beds.

Location: Hwy 15 and Gore Road, beside library.

Number of allotments: 12 raised plots, 4'x16'. Full or half beds available.

Contact: kerrm@sympatico.ca

Oak Street Community Gardens



Oak Street Gardens is a place for everyone and anyone to grow food for themselves and others, and to learn about food gardening. The garden includes allotment plots, tasting gardens, a donation garden, programming plots, and a market-training garden.

Location: Greenspace where Oak Street bends near the end of Victoria Street

Number of allotments: 50

Contact: oakstreetgarden@riseup.net

Queen's West Campus Community Garden



At Queen's West Campus Community Garden, you will discover a patch of serenity amidst the bustle of university life. Priority is given to the Queen's University Community, but plots are often available for the general public.

Location: At the Stone House near the tennis courts on the Queen's University West Campus (Sir John A. Macdonald Blvd between Johnson and Union St.)

Number of allotments: 16

Contact: balla@queensu.ca or 613-533-3379

Sunnyside Community Garden



The Sunnyside Community Garden is a volunteer-run organization working in partnership with Utilities Kingston and OPIRG Kingston. Our goals are to enable residents to grow their own food and flowers, to give people a place to meet neighbours, to provide educational opportunities for the community, and to provide a welcoming place for everybody to enjoy. The garden includes allotments and a donation garden.

Location: MacDonnell Street near Brock Street

Number of allotments: 30

Contact: paynemichael@gmail.com

Shannon Park Community Garden



Anyone can sign up for a garden: first come, first served. Gardens are free. We get some donations from local businesses and volunteers to help with maintenance.

Location: Shannon Park (corner of Weller Ave. and Wilson St.)

Number of allotments: 6 (all 6'x6')

Contact: heatherv@kchc.ca

Wolfe Island Community Garden



The Wolfe Island Community Garden aims to be a flexible, multi-purpose and sustainable outdoor resource for community use. It is a welcoming space for all ages, including youth, to exchange knowledge/experience and to develop skills related to gardening and healthy, active living. The Garden will be a central space that encourages connection and collaboration between many residents and community groups/organizations. It is a place for residents to engage with the natural environment.



Location: Village of Marysville, Centre Street, Wolfe Island

Number of allotments: Limited individual and shared plots. Priority given to residents of Wolfe Island.

Contact: communitygarden.wi@gmail.com

Website: <http://communitygardenwi.wix.com/communitygardenwi>

Garden Planning in 7 Steps

1. Choose what to grow and how much

- Consider your favourites, whether you will be wanting to preserve anything, and what items grow well in Kingston

2. Plan where and when you will get your seeds and transplants

- Seeds
 - Catalogues
 - Exchange with other seed savers
 - Seedy Saturday
- Transplants
 - Nurseries
 - Organic growers in the Kingston area will often sell extras cheaply
 - Sisters of Providence Heirloom Seed Sanctuary

You can direct seed: root veggies like carrots, beets, radishes, also peas, beans, lettuces

You should transplant: veggies that like a lot of heat, like peppers, eggplant, tomatoes

Bulbs: Potatoes, onions and garlic can all be grown from bulbs/roots rather than seed

3. Plant your crops at the right time

(Planting Dates for Kingston are given on page 11)

- Know when to plant
 - Each crop has a different time to maturity. Where do you get planting info?
 - Seed package
 - Seed catalogue – online catalogues have precise info
 - You can also decide when you want to harvest, and then work backwards to determine a planting date
- Manage the harvest
 - If you want a continuous supply of something all season, try succession planting: look for gaps when a crop is harvested mid-season, and then plant a new row every 2-4 weeks for a constant supply
 - Consider: Do you prefer to harvest veggies when they are small, or let them get big?

Spring Harvest produce: radish, salad greens, lettuce, pac choi, leeks, rhubarb

Summer Harvest produce: berries, radish, spinach, carrot, beet, green beans, garlic, early potatoes, kale, chard, broccoli, cucumbers, melons, summer squash, onions

Fall Harvest produce: winter squash, potatoes, onions, kale, chard, broccoli, carrot, beet, dry beans, radish, salad greens, spinach, lettuce, parsnips, rutabaga, leeks

4. Understand your garden environment and consider planning the layout

- Get to know your garden space
 - Positioning – where is the sun? Where is the shade? Consider where water access is located, and try to position the garden nearby. The need to carry water or attach extra hoses might seem like a challenge in May, but often feels draining in August
 - Are low-lying areas subject to flooding? Are there dry areas?
 - Dimensions – what do you have space to grow?
 - Access – consider keeping beds a maximum of 4' wide - so arms can reach all around

5. Add crops to the plan: decide where to plant each crop

See page 15: Companion Planting Guide, page 11: Plant Families and Sun Lovers Sheet and page 12: Garden Planting Schedule

- Use plant families, crop rotation and companion planting to decide:
 - What crops go together
 - What crops should grow in a different location than last year
- When adding crops to your map, consider:
 - Planting date
 - Plant tolerance of sun or shade
 - Succession planting

6. Finish the plan and create your planting schedule

See page 11: Planting Dates for Kingston

- Keep information in one place for easy access through the season
- Determine plant spacing
 - Draw spacing directly on your garden map to ensure that you have enough space

7. Keep a record of your progress, discoveries and challenges to improve for next year

- Keep an annual garden map
- Keep notes on what grew well, what didn't, and any lessons you learned

Please read on for more information, or consult the Resources section.

Planting Dates for Kingston																												
Crop	Seed or Trans?	WKS TO HAR	May				June				July				August				September				October					
Beans	Seed	8			First Plant						First Harv	Last Plant											Last Harvest					
Beets	Seed	8	First Plant							First Harvest						Last Plant									Last Harvest			
Cabbage	Transplant	12			Plant											Harvest												
Carrot	Seed	9	First Plant								First Harvest					Last Plant											Last Harvest	
Corn	Seed	11			Plant											Harvest												
Cucumber	Seed	9			Plant								Harvest															
Eggplant	Transplant	14			Plant													Harvest										
Lettuce	Seed	5			First Plant				First Harvest							Last Plant								Last Harvest				
Onion	Transplant (bulb)	20	Plant																						Harvest			
Peas	Seed	10	First Plant									First Harvest	Last Plant														Last Harvest	
Peppers	Transplant	14			Plant													Harvest										
Potatoes	Transplant (root)	12				Plant												Harvest										
Radishes	Seed	4	First Plant		First Harvest												Last Plant							Last Harvest				
Spinach	Seed	7	First Plant						First Harvest								Last Plant									Last Harvest		
Summer Squas	Seed	8			Plant							Harvest																
Winter Squash	Seed	13			Plant												Harvest											
Tomatoes	Transplant	13			Plant												Harvest											
Turnips	Seed	8	First Plant							First Harvest						Last Plant										Last Harvest		

Plant Families

Family	Latin Name	Family Members
Brassicas	Brassicaceae	mustard, broccoli, cabbage, cauliflower, kale, radish
Solanums	Solanaceae	tomato, pepper, eggplant, potato, tomatillo
Chard family	Chenopodiaceae	beet, Swiss chard, spinach
Alliums	Amaryllidaceae	chives, garlic, leeks, onion
Lettuce family	Compositae	endive, escarole, cardoon, artichoke, sunflower, lettuce, salsify
Cucurbits	Cucurbitaceae	gourd, melon, squash, cucumber, luffa
Corn family	Gramineae	corn
Carrot family	Apiaceae	celery, carrot, dill, chervil, cilantro, parsley, fennel, parsnip
Legumes	Leguminosae	peanuts, peas, beans

Sun Lovers and Shade Tolerators

Plants that need a lot of sun (6 + hours of direct sun a day)																											
Beans	Peppers	Radishes																									
Tomatoes	Eggplants	Summer squash																									
Cucumbers																											
Plants that can tolerate shade (less than 6 hours of sun a day)																											
Beets	Onions	Lettuce																									
Carrots	Garlic	Spinach																									
Kale	Herbs																										

Garden Planting Schedule

[illegible]

Enriching the Soil Naturally

Why enrich the soil?

Healthy soil will make your plants grow bigger and taste better. Growing vegetables in the same garden year after year requires you to add things to the soil to keep it healthy and robust. It's been said that many urban gardens are composed of 90% minerals and only 10% organic matter, while gardens actually need a balance of both to keep the soil healthy and to sustain a community of beneficial insects and microorganisms. Enriching the soil will help provide food for those tiny guys and release nutrients to help plants grow strong year after year.

What are some easy ways to enrich the soil?

Add composted manure

Do you have chicken or cow poop, or know a farmer who can give you some? This is a great way to add nitrogen to the soil. Because manure can sometimes contain harmful chemicals, make sure you spread it on the garden at least 3 months before planting any root or leafy vegetables.

(Most people spread it out in the fall after they are finished growing for the year so there's nothing to worry about.)

Use compost from home

Do you already have a composter set up in your garden? Be sure to turn the compost regularly, and use the results in your garden!

Small amounts can really improve the garden soil's nutrient levels – which will help those plants to grow up big and strong. Apply a centimetre or two of compost directly onto the garden bed once per growing season. This will give the plants (and organisms) more food to eat and help the soil retain water – which can be very beneficial during those hot summer months.

Plant cover crops

This is easier than it sounds. At the end of the year, when all your harvesting is done, sprinkle winter rye, alfalfa or winter wheat seeds onto your tilled soil. In the spring, let these seeds grow and then cut and till them into the soil before they start to flower. The freshly killed plants will provide tons of nutrients for the soil and help ensure a healthy garden for the coming growing season.

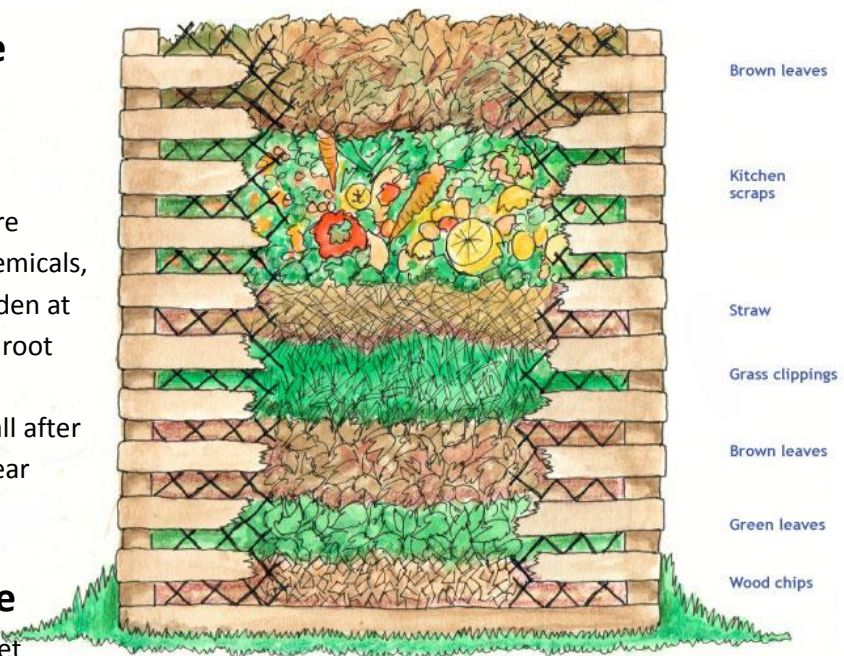


Image: www.motherearthorganics.com

For a bit more detail, here's a helpful chart from Cornell University that will give you some more information about what you might like to plant.

POPULAR AND USEFUL CHOICES OF COVER CROPS						Comments
	Vigor of germination & establishment	Time of planting	Over winter ability	Growth amount	Soil structure improvement	
Annual Ryegrass	***	Aug - Sept	NO	**	***	Overall an easy crop to establish
Perennial Ryegrass	**	Aug-mid Sept	***	**	**	Faster establishment than other perennials. Extensive root system
Winter Rye	***	Aug - Oct	***	***	**	Can Grow at low pH and at cool temperatures
Oats	***	Aug - Sept	NO	*	*	Requires good soil drainage, but tolerates low pH
Winter Wheat	***	Aug - Oct	***	***	**	Requires fertile soil; avoid wet or low pH soil
Sweet Clover	*	Summer	***	***	**	Better with high pH than other clovers
*** Relatively High ** Moderate * Relatively Low						

<http://www.gardening.cornell.edu/factsheets/ecogardening/impsoilcov.html>

Try Mulching

Mulch is something that you put on top of the soil, around the plants you want to grow. This serves three purposes:

1. To keep moisture in – this means you do much less watering
2. To keep weeds from growing up and competing with your crop. If you hate to weed, then mulch!
3. To improve the soil. As the mulch slowly breaks down, it mixes into the garden and adds organic matter.



image: www.howstuffworks.com

Simple things you can mulch with: Straw, leaves that have been run over with a mower a few times, black and white newspaper (not glossy colour pages), grass clippings or small wood chips. Plastic sheeting also works to ensure weeds are suppressed and water retained, but it won't improve your soil.

Mulch once the crop is established, or soon after transplanting seedlings: If it's dry, water your crop before mulching. Spread the mulch evenly around plants but avoid packing it too close to stalks.

A word of caution: Spreading mulch too thick can sometimes attract insect pests, and some mulches may add too much of a certain nutrient to your garden and disturb soil equilibrium. The benefits, however, make mulching very worthwhile, so consult some resources and mulch away!

A well-mulched garden produces healthy plants and saves you water, time and energy.



Image: www.motherearthnews.com

Gardening in Kingston...

What's with all the clay?

If you have a garden in Kingston, you've probably noticed that the soil in your garden looks to be mostly made of clay. Not sure? If the soil sticks to your shoes or garden tools like glue, tills into big clumps that aren't easy to separate, and crusts over and cracks in dry weather, your soil contains lots of clay.

So what does that mean?

Clay is a very heavy soil. Because it's so heavy it can be:

- Slow to drain
- Slow to warm in the spring
- Easily compacted - which makes it difficult for roots to grow or take hold
- Can make growing root vegetables difficult because it's hard for them to grow down through the clay

But it's not all bad. Clay:

- Retains water and nutrients really well
- Prevents mineral salts and fertilizers from draining away

What can be done to help it?

There are a number of ways to improve clay-heavy soil, but it takes time. For best results, perform these treatments yearly to really see the benefits.

Turn over the soil in the fall

At this time the soil is not as wet or heavy and it will be easier to break the heavy lumps up.

Walk on the soil as little as possible

When the ground is damp, clay soil gets compacted very easily. If possible, only work on your garden when it is relatively dry, and try to avoid walking or standing on the soil more than necessary.

Place stepping stones in strategic places to help.



Image: www.motherearthnews.com

Improve the drainage with organic materials

This is the technique that will take the longest to see results, but is the most beneficial long-term strategy. Every other year, spread 15-20cm of organic matter over the entire bed and mix it into the top 15-20cm of soil. You can add any organic matter you can find including organic grass clippings, shredded leaves, composted manure or compost.

Plant in the spring

Clay soil remains wet and cold all winter so autumn planting can lead to high losses. Plant in the spring once the buds are breaking to avoid this. Never plant in wet or cold conditions.

Dig larger holes

When you plant, dig a hole that's deeper and wider than you need. Break up the soil before replacing it in the hole. This will improve drainage and allow the roots to spread out more.

Plant on a mound

Raise up an area of soil when planting vegetables. This will help improve soil drainage.

Mulch

When clay dries, it shrinks and cracks. To prevent this, use mulch. (See page 14 for more details.)

Mulching helps retain water and keeps soil warm.



image: www.motherearthnews.com

Pest Management

The main goal of pest management is to reduce pests and diseases in your garden. There are many ways to do this. Here are some simple ideas to get you started.

Compost or till in all plants at the end of the growing season

Just be sure not to add diseased plants or living bugs into the compost pile.

Rotate crops from year to year

Your crops will deplete certain nutrients from the soil, but add others. You may also find that a certain plant gets a blight or disease. By rotating your crops - planting them in different spots each year - you help to keep the soil balanced and lessen the chances of disease and pests.

Plant more than one type of vegetable in your plot

Having an entire bed full of potatoes will support a large population of potato beetles, so plant a row or two of potatoes, and lots of other stuff as well.

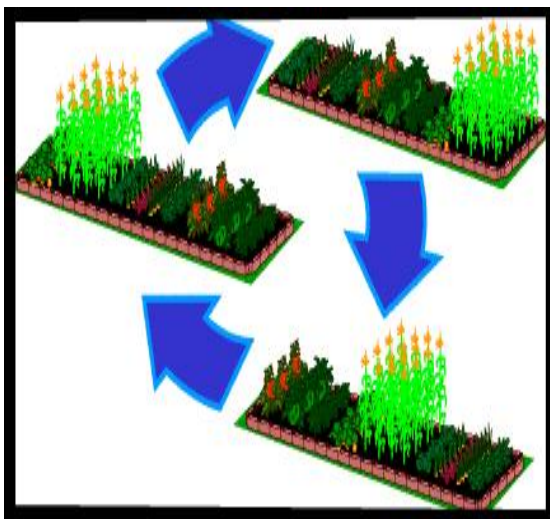


Image: www.ourveggiegarden.com

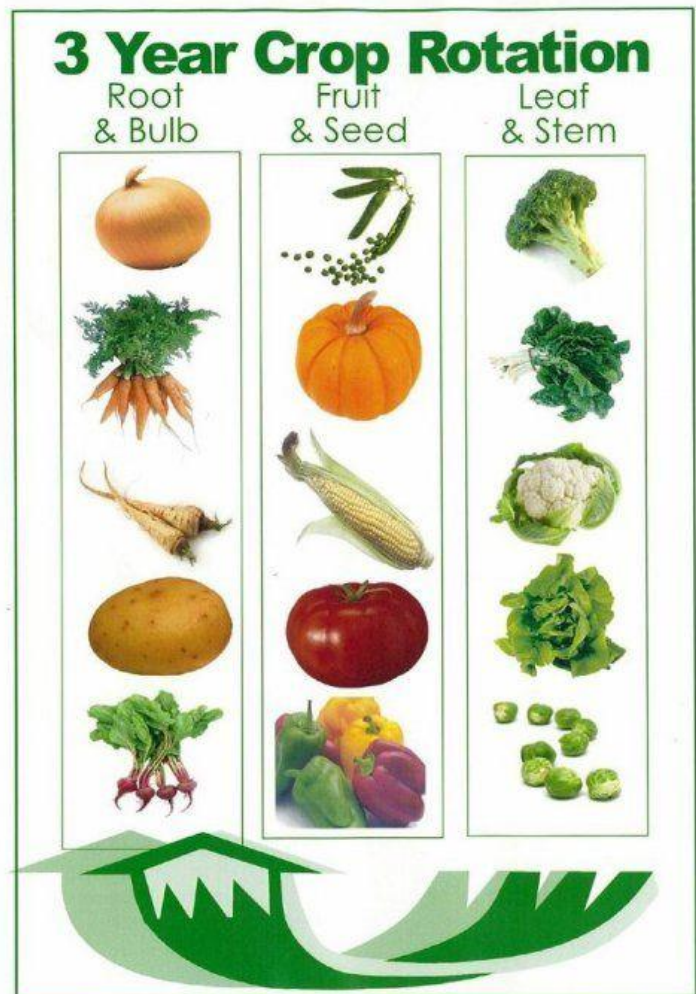


Image: www.kings.co.nz



Image: www.mrmcgregor.com

Use Barriers and Fences

This is the best way to keep dogs, cats, deer, groundhogs and other large animals out of gardens. (City of Kingston bylaws do not allow community gardens to erect fences, but if you have a backyard garden go for it!)

Plant Companion Crops

If you plant certain crops side by side (as “companions”) they can help each other. For instance, marigolds planted near tomatoes deter nematodes as well as the tomato hornworm. Use the chart below to see which plants work well together. Use crops listed in section “2” to help with bug control.

Companion Planting

OneCreativeMommy.com

	Basil	Beans	Broccoli	Carrots	Cauliflower	Chives	Cilantro	Corn	Cucumbers	Dill	Garlic	Leeks	Lettuce	Marigold	Melon	Nasturtium	Onion	Oregano	Parsley	Peas	Peppers	Rosemary	Sage	Spinach	Squash	Strawberries	Sunflowers	Swiss Chard	Thyme	Tomatoes
Basil																														
Beans			1	1	1	5		1	1		5	5		5			5			1	5	1	3			1		1	3	1
Broccoli		1		1					1	1			1				1	1	2		5	1	3	1		5		1	1	5
Carrots		1	1		1						1		1						1	1	1	1	1					3	4	5
Cauliflower		1		1							1		1								5	1	3	1		5		1	1	5
Chives		5		1															1	5	5		3						3	1
Cilantro																							3	2					3	
Corn		1							1	1						1				1	1		3		1		1		3	5
Cucumber		1	1		1			1	1				1				1				1	1		3					3	1
Dill			1	5	1			1	1														3						3	5
Garlic		5		1	1																5		3			1			3	1
Leeks		5		1																	5		3	1					3	
Lettuce			1	1	1				1	1	1						1						3	1	1	1			3	1
Marigold		5													1								3		2				3	1
Melon								1							1	1							3		1		1		3	
Nasturtium			1		1				1							1							3		2				3	1
Onion		5	1	1	1				1	1											5		3		2		1		3	1
Oregano	1		2		2															1	5		3						3	
Parsley				1			1		1													1	1	3					3	1
Peas		1		1		5		1	1		5	5										1	1	3	1	1			3	
Peppers	1	5	5	1	5				1													1	1	3	1				1	1
Rosemary		1	1	1	1																	1		3					3	
Sage			1	1	1	3	3	3		3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Spinach			1				2						1									1		3		1				3
Squash			5		5			1						1	2	2						1	1	3						3
Strawberry		1	5		5						1			1	2		1					1		3	1					1
Sunflower								1								1							3							3
Swiss Chard		1	1		1												1					1	3							3
Thyme	3	3	1	3	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Tomatoes	1	1	5	4	5	1		5	1	5	1		1	1		1	1			1		1	3							3

Plants grow well together
 Don't plant together!
 Beneficial to garden in general
 Combination helps bug control
 Carrots will have good flavor, but stunted roots



Image: www.4-designer.com

Use the Sun!

Have the sun's heat kill your weeds and soil pests: put a clear plastic tarp over the area you want cleared of weeds or insects and let the hot July and August sun go to work.

Figure out which bugs are good and which ones are bad.

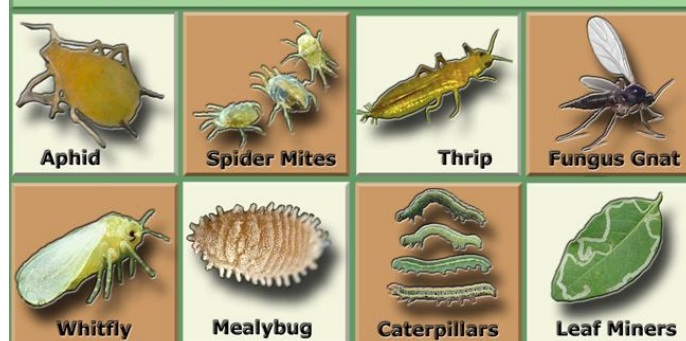
Keep an eye on the bugs; they're not all bad. Ladybugs, spiders, praying mantis, ground beetles and wasps all eat insects that destroy plants.

GOOD BUGS (Beneficials)



image:urbansunshine.com

BAD BUGS (Garden Pests)



Common Pests and Some Organic Solutions

Aphids: Plant mint and marigolds. They attract ladybugs that will eat aphids.

Squirrels & Mice: Spray or dribble Tabasco sauce, chili powder or cayenne pepper around plants. It will get stuck to their feet, frustrating them so much they won't dig up your bulbs.

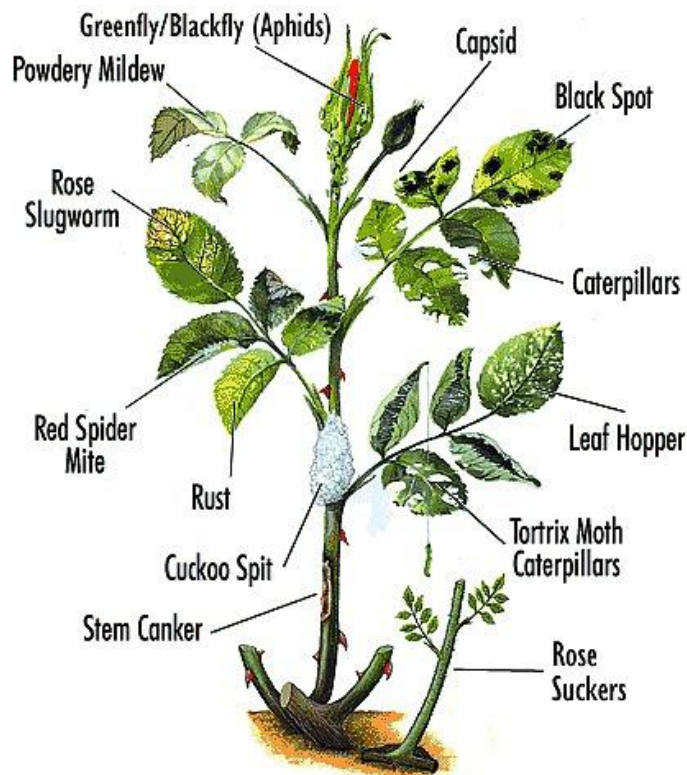
Cats: Spray vinegar at the base of trees or walls to help keep cats away, and to neutralize the odour left behind by tomcats. They also hate citrus, so toss a few peels in the garden to deter the neighbourhood kitties.

Moths: Plant lavender around the corners of beds to repel moths.

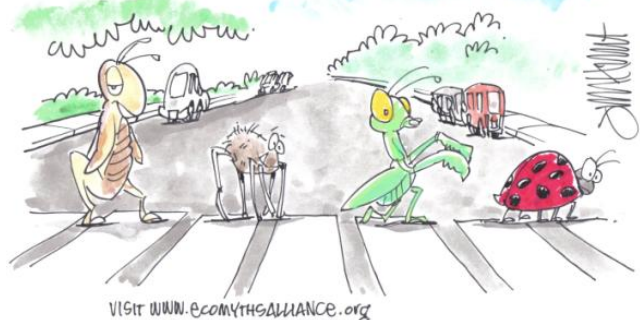
image: www.secrets-of-self-sufficiency.com

Slugs: Dig a hole just big enough to hold a small plastic container, like a margarine tub, so that its edge is flush with soil level. Pour half a bottle of beer in the container. The beer will attract the slugs.

Cinch bugs: If you have a large number of cinch bugs (more than 20), you can try vacuuming the affected area with a workshop-type vacuum and then watering it.



ALL WE ARE SAYING
IS GIVE BUGS A CHANCE!!!



Some Home-Made Pest Sprays

All-Purpose Pest Spray:

Chop: 1 lb ripe tomatoes, 1 medium onion, ½ lb chili peppers and 1 clove garlic. Blend. Add ½ cup vinegar and 1/4 tsp pepper. Strain. Spray.

Rhubarb Spray:

Controls fungal disease and aphids. Cut up 6 rhubarb leaves. Boil in 3 quarts of water. Steep for an hour. Strain and spray.

Geranium Spray: The strong smell of geraniums is known to repel insects. Using a blender, mix equal parts geranium and water, and blend until smooth. Strain with a fine strainer. To make the spray: Add 1 teaspoon of the geranium mix with 2 cups of water.

Preserving the Harvest

Preserving your homegrown vegetables and fruits may sound like a lot of work, but it's not! All you really need is time. If you went to all the trouble of growing the food, you don't want any of it to go to waste, do you? Preserving the harvest can be as simple as drying some herbs in the oven, to freezing bags of homegrown produce, to making your own jam or pickles.

Read on to learn about simple ways to enjoy the fruits of your garden labour long into wintertime. Please also see the Resources section for useful books and inspirational websites.

Drying or Dehydrating

Drying is a common way to preserve herbs such as basil, sage, dill, savoury and thyme. For complete instructions, please see **Appendix A: Step-by-Step Herb Preservation**

Many people also dry fruits and vegetables using their oven on low heat, or a commercially available food dehydrator. Removing the moisture from produce intensifies flavours and makes it very lightweight: great for hiking or camping trips. It is easily reconstituted by boiling in water, but can also be eaten as is. Please see the Resources section for some excellent recommended websites.



Canning

If you have an afternoon to spare, you should definitely consider giving canning a try. Whilst a bit more complicated than drying or freezing, preserving your food in jars is immensely satisfying and can produce beautiful and long-lasting results. Please consult the Resources section for more information, and research your project carefully adhering to all safety recommendations.

Learn to preserve with Loving Spoonful's Preserve Reserves! Loving Spoonful welcomes volunteers, between July and October, to help preserve the harvest for social service agencies in the community. If you'd like to learn more about preserving the harvest and have 3 hours a week to spare, join our Preserve Reserves! Make friends and build community while doing something positive. For more information, go to www.loving Spoonful.org or email info@loving Spoonful.org

Freezing – adapted from <http://www.growveg.com/growguides/storing-and-preserving-harvest.aspx>

By far the easiest way to preserve the harvest, this method is only limited by the amount of space in your freezer. If you really don't have any time, you can simply wash the produce, cut it as you like, and freeze it in plastic, airtight freezer bags or containers to ensure it keeps well and doesn't get 'freezer burn' (dry, icy patches).

Some fruit and vegetables will benefit from ‘blanching’ (briefly boiling) before freezing. Blanching kills enzymes in the produce that cause decay, so the frozen vegetables will last longer and be of better quality when thawed. To blanch, simply plunge the produce into boiling water for the recommended length of time (see table below), transfer to an ice bath to cool and stop it cooking, then pat dry and freeze.

Blanching Times – from <http://nchfp.uga.edu/how/freeze/blanching.html>

Vegetable	Blanching Time (minutes)
Artichoke – Globe (Hearts)	7
Artichoke – Jerusalem	3-5
Asparagus – small/medium/large stalk	2/3/4
Beans – Snap, Green, or Wax	3
Beans – Lima, Butter, or Pinto small/medium/large	2/3/4
Beets	Cook
Broccoli (1 ½” across)	Boiled 3 Steamed 5
Brussels Sprouts – small/medium/large	3/4/5
Cabbage or Asian Cabbage	1 ½
Carrots: small	5
diced, sliced or strips	2
Cauliflower (1” across)	3
Celery	3
Corn (blanch ears before cutting corn from cob)	4
Eggplant	4
Greens – collards/other	3/2
Kohlrabi – whole/cubes	3/1
Mushrooms – whole/buttons or quarters/slices	Steam 5/3 ½/3
Onions – whole (blanch until centre is heated)/ rings	3-7 10-15 seconds
Peas – edible pod	1 ½-3
Peas – field (blackeye)	2
Peas – green	1 ½
Peppers – sweet Halves/strips or rings	3/2
Potatoes – New	3-5
Pumpkin	Cook
Rutabagas	3
Squash – Summer	3
Squash – Winter	Cook
Sweet Potatoes	Cook
Turnip or Parsnips – cubes	2

Resources

Here is a selection of books and websites that will provide more information on the topics covered in this guide. All of the books are available at the Kingston Frontenac Public Library. (www.kpfl.ca)

Garden Planning

Online vegetable garden planning tool <http://www.motherearthnews.com/garden-planner>

Ogden, E. E. (2011). *The Complete Kitchen Garden: An Inspired Collection of Garden Designs and 100 Seasonal Recipes*. Stewart, Tabori and Chang.

Seed ordering and growing for individual crops:

High Mowing Seeds www.highmowingseeds.com

William Dam Seeds www.damseeds.ca

Sisters of Providence Heirloom Seed Sanctuary: www.providence.ca/seeds/

Enriching the Soil

Burrell, C. C. (n.d.). *Vegetable Garden Mulches*. Retrieved from How Stuff Works: <http://home.howstuffworks.com/vegetable-garden-mulches.htm>

Chandoha, W. (n.d.). *8 Steps for How to Make Better Garden Soil*. <http://www.motherearthnews.com/organic-gardening/>

Department of Horticulture - Cornell University. (n.d.). *Improve you Soil with Cover Crops*. <http://www.gardening.cornell.edu/factsheets/ecogardening/impsoilcov.html>

Green, P. & P. Pears. (1999). *All about Compost: Recycling Household and Garden Waste*. Fitzhenry & Whiteside.

Modern Homestead. (n.d.). *Soil Care Basics*. <http://www.themodernhomestead.us/article/Organic+Matter%3A+Cover+Crops.html>

Turner, B. (n.d.). *10 types of soil*. Retrieved from How Stuff Works: <http://home.howstuffworks.com/10-types-of-soil-and-when-to-use-each.htm>

Clay Soils

Bourne, V. (n.d.). *Coping with clay soil*. <http://www.saga.co.uk/lifestyle/gardening/q-and-a/coping-with-clay-soil.aspx>

Vanderlinden, C. (n.d.). *Understanding and Improving Clay Soil*. <http://organicgardening.about.com/od/soil/a/improveclaysoil.htm>

Pest Management

Canadian Organic Growers. (2011). *The Organic Backyard: A guide to applying organic farming practices to your home or community garden*. Retrieved from Canadian Organic Growers - Our nature is organic: <http://www.cog.ca/uploads/OrganicBackyard2ndEd.pdf>

Deardorff, D. (2009). *What's Wrong With My Plant? (And How Do I Fix It?): A Visual Guide to Easy Diagnosis and Organic Remedies*. Timber Press.

Ellis, B. W. (1996). *The Organic Gardener's Handbook of Natural Insect and Disease Control*. Rodale Books.

Lead/OMAFRA, H. M.-O. (2006, September). *Managing Insects and Diseases in Organic Crops*. <http://www.omafr.gov.on.ca/english/crops/hort/news/hortmatt/2006/27hrt06a2.htm>

Robertson, A. (2012). *Canadian Living - Inspiring ideas for everyday*. http://www.canadianliving.com/crafts/home_and_garden/10_ways_to_pest_proof_your_garden_organically_2.php

The Corporation of the City of Kingston. (2013). *Natural Lawn and Pest Control*. <http://www.cityofkingston.ca/residents/environment-sustainability/nature-forests-gardens/natural-lawn-pest-control>

Walliser, J. (2011). *Good Bug Bad Bug: Who's Who, What They Do, and How to Manage Them Organically (All you need to know about the insects in your garden)*. St. Lynn's Press.

General Gardening Resources

Benjamin, J. (2000). *Great Garden Formulas: The Ultimate Book of Mix-It-Yourself Concoctions for Your Garden*. Rodale Books.

Bradley, F. M. (2007). *Rodale's Vegetable Garden Problem Solver*. Rodale Books.

Coleman, E. (1995). *The New Organic Grower: a master's manual of tools and techniques for the home and market gardener*.

Community Garden Network – Garden Guide
http://www.justfood.ca/foodforall/documents/CGN_Garden_Guide_2010_English.pdf

Haase, Janette. (2009). *From Seed to Table: A Practical Guide to Eating and Growing Green*. Insomniac Press.

Organic Gardening Website. Ogden Publications. Mother Earth News:
<http://www.motherearthnews.com/organic-gardening.aspx#axzz2ngGxpvLN>

Organic Gardening Website. Tiny Farm Blog: <http://tinyfarmblog.com>

Organic Gardening Website. Henry Doubleday Research Association.
Garden Organic: <http://www.gardenorganic.org.uk/index.php>

Preserving the Harvest

Aimee. (2013) 12 Ways to Preserve the August Harvest. Simple Bites Blog.
<http://www.simplebites.net/12-ways-to-preserve-the-august-harvest-without-canning/>

Costenbader, Carol W. (1997) *The Big Book of Preserving the Harvest*. Storey Books.

McClellan, Marisa. (2013) Food in Jars: A Canning Blog. <http://www.foodinjars.com>

****RESEARCH-BASED PRESERVING GUIDELINES (from the US).** National Centre for Home Preservation. (2013) http://nchfp.uga.edu/publications/publications_usda.html

University of Georgia Cooperative Extension Unit. *Drying Fruits and Vegetables*.
http://nchfp.uga.edu/publications/uga/uga_dry_fruit.pdf

Herb Preservation

(adapted from <http://www.pickyourown.org/dryingherbs.htm> and <http://www.wikihow.com/preserve-herbs>)

Drying herbs is a simple way of keeping your garden bounty for longer. While fresh herbs may be better, dried herbs can last up to four years when properly stored. There are three principal ways to dry herbs: hanging, freezing, or in the oven or dehydrator. Each has its benefits. Here's how to dry your own herbs in any way you choose.

Step 1 – Harvest herbs from the garden. Use strong scissors or a kitchen knife to snip the herbs. If the herb can survive winter (i.e. it is a perennial with overwintering abilities), cut the stems at the base of the plant. Other herbs can be entirely pulled out and the roots and woody parts composted after cutting. For best results, cut all herbs used for drying in a way that leaves them with long stems.

Step 2 – Wash dirty herbs carefully. If you have to wash your herbs because of dirt, the best thing to do is to spray gently with a fine mist sprayer and then wipe. Pat with a paper towel or shake to dry.

Once these steps are complete, choose your preferred preservation method.

Hanging

- Remove lower leaves from stems and tie the bunch of herbs together close around the bottom of the stems. Ideally, a bunch should contain no more than 5-10 stems to facilitate ventilation.
- Hang herb bunches upside down (stems up) in a dry, warm (not humid), dark, and well-ventilated place. The ideal temperature for drying is around 68°F/20°C. If you do not have a dark spot in the house, tie a paper bag over each bunch, pierce air holes in the bag and hang somewhere out of direct sunlight.
- Leave herbs to dry for 1-3 weeks. Check every now and then to see how they are drying – thicker-stemmed herbs will take longer. Check to see if their consistency has become crumbly by rubbing a leaf between two fingers. If they crumble, they are ready to be taken down.
- Remove the leaves and bottle them in airtight glass herb jars (or other jars you have around). Pick out any fluff, woody pieces and other foreign material as you remove the leaves. You can keep the leaves whole, crush them to make a fine, ground mix for cooking (use this quickly to retain flavour) or leave them in leaf shape for tea, garnishes on soups, etc. (These should not be too crumbly.) Seeds should be left whole and crushed only when needed for cooking.
- Label and date the jar.

BEST HERBS FOR...

Hanging: Use sturdy, low-moisture herbs such as sage, thyme, summer savory, dill, bay, oregano, rosemary, marjoram

Freezing or heat drying: Herbs with high-moisture contents including basil, tarragon, lemon balm and all mints

Freezing

- Strip leaves off branches and place into freezer bags or containers. Label and date them; they should keep for up to three months. If you want them to last longer, blanch them for a few seconds in hot water and then dip straight into ice-cold water. Next, place in the freezer in bags/containers. Blanched herbs will freeze for up to six months.
- Some cooks freeze herbs in ice-cube trays. When needed, simply take a couple of ice-herb cubes and toss into a stir-fry, soup or stew. If you choose to do this, freeze approximately 1/3 chopped herbs to 2/3 water.
- Basil is great pureed with olive oil before freezing in ice cubes (don't add water).
- Remove herb ice cubes from trays, once frozen, and store in plastic freezer bags. Remove pieces as needed.



In the Oven

Herbs can also be dried in a conventional oven, a microwave oven or using a dehydrator. Some feel that these methods affect the content of the herb's volatile oils, however, and produce an inferior product. If you live in a humid climate, air drying is not successful and oven drying may be a choice you prefer.



- Conventional oven: Heat to 200°F/100°C. Place herbs on a tray lined with parchment paper. Watch herbs carefully and turn over if necessary (use tongs or similar tool and wear oven mitts.) Check consistency of herbs every few minutes and bake until they appear crisp. It might help to leave the oven door slightly ajar.
- Microwave oven: Wrap herbs in paper towel. Place in microwave along with a glass of water. Run microwave on high for short periods, and check herbs often as they will burn easily.